

**QUARTERLY ISSUES/PROGRAMMING REPORT
JANUARY– MARCH 2018
KRWM RADIO - BREMERTON/SEATTLE
ISSUE - RESPONSIVE PROGRAMMING**

KRWM is committed to a regular broadcast schedule of programs and informational messages that cover local issues that affect its listeners and the communities in which they live and work. The Public Affairs Show and Public Service Announcements concentrate on affairs, topics and issues as determined through ascertainment meetings and interviews. First Quarter 2018 categories were been identified as **Charity, Crime, Domestic Services, Education, Environment, Health, and Youth.**

“Sunday Morning Magazine” and “Inspirational Women”: two half hour segments create one hour of Public Affairs Show that air weekly on Sunday at 5:30am. (Complete information attached).

First Quarter 2018 shows:

Health, Education, Domestic Services
Education, Crime, Domestic Service
Health, Education, Youth
Youth, Domestic Service, Education
Domestic Service, Education, Youth
Health, Education, Crime
Education, Crime, Domestic Service
Health, Education
Health, Charity, Domestic Service
Charity, Domestic Service, Education
Youth, Health, Education
Health, Charity, Education

Public Service Announcements: thirty and sixty seconds in length each, KRWM aired 386 readings of 14 topics. List attached.

KRWM-FM "WARM 106.9"
PUBLIC SERVICE ANNOUNCEMENT RUNDOWN
1/1/2018- 3/31/2018

NAME	
A LIBRARY IN YOUR POCKET	
AMERICA'S DIABETES	
BACKPACK BRIGADE/HAND IN HAND KIDS	
COUGAR MTN ZOO	
EMERGENCY PREPAREDNESS	
FOSTER ADOPT	
HEART DISEASE RISK	
HUNGER US/ALBERTSONS	
KAREEM ABDUL/KING CTY LIBRARY	
KOMEN RACE FOR THE CURE	
LIGHT THE NIGHT WALKS	
LLS-COMING HOME	
LLS-CURE-THE WORD	
MEDICARE-DIABETES	
Total Runs	386

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: January 7, 2018

LENGTH: 61:35

SHOW TYPE: Interview

ISSUES: Health, Education, Domestic Services

GUEST:
1. Aaron Jafferis
2. Karen Bonnell

SHOW DESCRIPTION:

1. Aaron Jafferis is a hip-hop poet and playwright. He also is a writer-in-residence at Yale New Haven Children's Hospital, Connecticut. The result of the creative 'collision' of these two careers is a new hip-hop stage musical "How To Break", and it has its debut at the Village Theater in Issaquah. It presents the story of two teenagers battling not just their disease but the entire system providing their care. It is serious but with its hilarious moments. It provides a good opportunity for discussions about life's challenges, and to discuss life issues, even serious ones.

www.villagetheater.org

2. Karen Bonnell lives in the northwest and is an Advanced Nurse Practitioner, a Collaborative Divorce Coach, teacher, facilitator, author--"The Co-Parenting Handbook" and "The Parenting Plan Workbook". Separation and divorce can take a toll on the entire family. Karen works with families and suggests her books provide good coaching and support so that the adults can work on this change in a respectful way, and provide an environment where the children feel loved and are able to thrive. Karen helps launch the New Year by providing a number of resolutions to help anyone 'in the process' to find a place where they can take a good first step.

www.coachmediateconsult.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: January 14, 2018

LENGTH: 62:45

SHOW TYPE: Interview

ISSUES: Education, Crime, Domestic Service

GUEST:
1. James Kilgore
2. Donna Skeels Cygan

SHOW DESCRIPTION:

1. James Kilgore is a writer, researcher and educator at the university level, and a man who spent some years locked in a high security prison. Because of the experience and seeing the disproportionate numbers of minorities being imprisoned, he has written: "Understanding Mass Incarceration--A People's Guide to the Key Civil Rights Struggle of Our Time". Since 2002, the US has had the highest incarceration rate in the world, with 500 prisoners per 100,000 residents, or about 1.6 million prisoners in 2010, about 5 times higher than other countries of similar size, with high incarceration rates. With this being the weekend that honors the life and legacy of the Rev. Dr. Martin Luther King Jr, this connects with his stance on social justice.

2. Donna Skeels Cygan is a certified financial planner and author of the book: "The Joy of Financial Security". She has a fresh approach, a different way to think about budgets that is to think about a savings plan. This feels more proactive, that we are taking care of us.

www.joyoffinancialsecurity.com

SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE

AIRDATE: January 21, 2018

LENGTH: 63:30

SHOW TYPE: Interview

ISSUES: Health, Education, Youth

GUEST:
1. Sylvia Tara PhD
2. Joanna Faber

SHOW DESCRIPTION:

1. Sylvia Tara PhD is a biochemist who has worked at the world's largest biotech companies. Yet the thing that compelled her to the research of the past 5 years culminating in her new book was her own struggle with weight and particularly with 'fat'. She realized that with her science knowledge she had the tools to study 'fat', the reasons that we all are affected differently by it. Her book: *The Secret Life of Fat: The Science Behind the Body's Least-understood Organ and What it Means For You* is a great and empowering tool, because knowledge is power. Soon Dr. Tara will have an online study to guide those wanting to confront the 'fat' issue in a constructive way.

www.thesecretlifeoffat.com

2. Joanna Faber is coauthor (with Dr. Julie King) of: *HOW TO TALK SO LITTLE KIDS WILL LISTEN: A Survival Guide to Life With Children Ages 2-7*. The book is entertaining as well as informative, sharing stories and tools/ ideas on how to deal with all kinds of issues with these young ones. It's a process, and an important one that helps kids grow to be understanding and empathetic youth and adults. Rather than dictating what needs to be done, the authors suggest making it a game, changing the scene. Instead of telling kids to clean up the room, make the basket for the blocks a monster that's eating the blocks. Kids feel heard and acknowledged. And this is great not just for parents, but teachers as well, anyone spending time with these little ones.

www.howtotalksolittlekidswilllisten.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: January 28, 2018

LENGTH: 63:45

SHOW TYPE: Interview

ISSUES: Youth, Domestic Service, Education

GUEST:
1. Mary Lou Balasone, Kayla
2. Kari Wagner Peck

SHOW DESCRIPTION:

1. Mary Lou Balasone, as a single woman, chose adoption to create her family. She was offered a brother and sister and welcomed them to her home. Kayla joins her mom to give us insights into foster care and adoption, which is the route Lutheran Community Services uses. It is a journey with bumps along the way, but it is a critically important one that ultimately touches all of us. In addition, the focus is on the children, to provide stability, to provide a home and love. Laurie Hardie provides info on all the great ways Lutheran Community Services helps families and individuals on this journey.

www.lcsnw.org

2. Kari Wagner Peck is a homeschooling mom, an advocate, an activist, storyteller, and a new author of: Not Always Happy--An Unusual Parenting Journey. Kari and her husband decided adoption was their choice in having a family and feel they have the greatest gift in Thorin, a boy who happens to have Down's Syndrome. And who brings so much joy and learning to their life.

www.kariwagnerpeck.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: February 4, 2018

LENGTH: 63:45

SHOW TYPE: Interview

ISSUES: Domestic Service, Education, Youth

GUEST:
1. Dr. ArLynn Diamond
2. Dr. Kate Lund

SHOW DESCRIPTION:

1. In light of the sexual harassment cases, and associated cases of power and bullying tactics, we have Dr. ArLynn Diamond joining us. Dr. Diamond is an internationally recognized Leadership, Management, Professional Development, and Organizational Development consultant who works with clients across the country and internationally. Dr. Diamond mentions a card that the Ritz Carlton would supply to their staff, an 'instruction' of the way to do their work: We are ladies and gentlemen serving ladies and gentlemen. Often it's the simple and considerate approach that is what is needed.

www.diamondassociates.net

2. Dr. Kate Lund is a licensed clinical psychologist and performance coach. She has specialized training in medical psychology from several medical institutions affiliated with Harvard Medical School, and she is an adjunct instructor in Psychology at Bastyr University in Seattle. Dr. Lund is the author of an important new book--Bounce: Help Your Child Build Resilience and Thrive in School, Sports and Life.

<https://www.pugetsoundsportspsychology.com/books/>

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: February 11, 2018

LENGTH: 62:55

SHOW TYPE: Interview

ISSUES: Health, Education, Crime

GUEST:
1. Dr. Jay Cohn
2. Kate Genovese

SHOW DESCRIPTION:

1. Dr. Jay Cohn is professor of Medicine at the University of Minnesota Medical School, and Director of the Rasmussen Center of Cardiovascular Disease Prevention. Dr. Cohn wants us to learn of our medical predispositions and treat those early, not end disease--which is the long prevailing model. And to support our education at our own pace, Dr. Cohn has a new, easy to read book: Cardiovascular Health--How Conventional Wisdom is Failing Us".

www.cardiovasculariseaseprevention.org

2. Kate Genovese is a wife, a mother of 3, a grandmother--an author. There's a love story in her new book: Hat Tricks from Heaven: The Story of an Athlete in His Own Prison of Addiction. Consider the challenging kind of love that exists in this--something that many of us can tragically relate to in some way. That is the reason for Kate's writing the book, the tough story, and helping others to learn, to see the warning signs, and intervene early.

www.kategenovesebooks.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: February 18, 2018

LENGTH: 63:45

SHOW TYPE: Interview

ISSUES: Education, Crime, Domestic Service

GUEST:
1. Dr. Melba Pattillo Beals
2. Chamin Ajjan

SHOW DESCRIPTION:

1. Dr. Melba Pattillo Beals is a truly great figure in history and in this country. She is one of the high school students from 1957, the Little Rock 9, who played a significant role in desegregation. The Federal Court had ruled on integration for all schools. Even at a very young age, Melba did not understand segregation, so she was a natural candidate for the group of black students selected to attend Capital High School in Little Rock. In her memoir "March Forward, Girl" she tells of her youth, and life in the south in the 1940s and 1950s. A stunning and chilling experience.

www.melbapattillobeals.com

2. Chamin Ajjan is a licensed clinical social worker in private practice where her focus is helping clients understand partnerships and romantic relationships. Timing with Valentine's Day presented a good opportunity for reflective time--whether things are great, or not. Chamin's discoveries from her practice and her personal life are in her new book: Seeking Soulmate: Ditch the Dating Game and Find Real Connection.

www.chaminajjan.com

SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE

AIRDATE: February 25, 2018

LENGTH: 63:30

SHOW TYPE: Interview

ISSUES: Health, Education

GUEST:
1. Rob Barnett
2. Mary Otto

SHOW DESCRIPTION:

1. Rob Barnett is an economist, author, energy expert, and public speaker. His work as author is in collaboration with his mentor and co-author, Chris Payne. Based on their lives and results both found in their life style, weight gain, then major weight loss, they have written: The Economist's Diet. They attribute weight gain, becoming obese, to having a good paying job, working long hours, eating out regularly. Chris first approached his new life style and weight loss, now 10 years into his plan and keeping his weight off. Rob was inspired and since 2014 has lost 75 lb. They both underscore the absolute need for life style change, and mark this as one reason the spectrum of fad diets do not work long term.

They can be followed on Twitter @econdiet

2. Mary Otto is the oral health topic leader of the Association of Health Care Journalists. In recent years her research has been on oral health, and the life stories she's uncovered, people dying from an abscessed tooth because they could not afford a dentist, or the medication. This and other important stories are found in her important book--Teeth: The Story of Beauty, Inequality and the Struggle for Oral Health in America. This also is important insight on the importance of oral health and its impact on our general health.

<http://thenewpress.com/books/teeth>

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: March 4, 2018

LENGTH: 63:20

SHOW TYPE: Interview

ISSUES: Health, Charity, Domestic Service

GUEST:
1. Anna Gottlieb, Liz Lange
2. Susie Herrick

SHOW DESCRIPTION:

1. Cancer Pathways was formerly Gilda's Club in Seattle. Things change, but the mission of providing services continues, and is very locally centered and serving all of Washington State. Anna Gottlieb Founder and Executive Director of Cancer Pathways provides an overview of the services and support anyone connected to cancer can receive. Liz Lange, Program Manager oversees numerous Programs that engage all ages and the variety is sure to provide comfort to most. A current focus is a Youth writing contest "Cancer Unwrapped". This even has been taking place since 2006 and the benefits are huge, not the least being that of creating connection and building community. Contest closed March 11. Volunteer opportunities abound. Financial support is always needed and appreciated.

www.cancerpathways.org

2. Susie Herrick is a psychotherapist, mediator, trainer, and author. Susie's life and her work are very evident in her new book, a collaboration with Elle Luna, titled: Your Story is Your Power--Free your Feminine Voice. This is so important at all time, but it's so timely to have the book now--a great tool for us to use going forward. It's filled with experiential exercises, and stories of personal growth. Susie and coauthor, Elle, presented at two events in Seattle.

www.susieherrick.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: March 11, 2018

LENGTH: 62:50

SHOW TYPE: Interview

ISSUES: Charity, Domestic Service, Education

GUEST:
1. Gail Luxemberg, Maclovia Varner
2. Aimee Ross

SHOW DESCRIPTION:

1.

Gail Luxemberg is the CEO of Habitat for Humanity Seattle-King County and provides an overview of the work of Habitat – a collaborative work with lower income families to build their own home. Education is part of the package—understanding mortgages, learning maintenance, and leadership. Maclovia_Varner, an Army Vet, just moved into her new home a month ago thus providing a permanent home for herself and her 2 children. She told of the 250 sweat equity hours she was required to do, which has inspired her to want to continue this and mentor new families joining Habitat. We can participate with donating to Habitat for Humanity, or finding the right volunteer activity for our interest and skills.

www.habitatskc.org

2. Aimee Ross is a mother, wife, daughter, a high school English teacher, and the author of "Permanent Marker, a Memoir". This is an open and honest sharing of a specific time in Aimee's life that occurred 10 years ago. These are things we may relate to because we've had them happen. In Aimee's case in just the span of 5 months, she went through a divorce, had a heart attack, and then nearly died as the result of a car crash, hit by an intoxicated driver. But Aimee is a survivor and in this gripping story we can find great inspiration and encouragement.

www.aimeerossblog.wordpress.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: March 18, 2018

LENGTH: 63:40

SHOW TYPE: Interview

ISSUES: Youth, Health, Education

GUEST:
1. Patty Shelton-McGougan
2. Susan Wise Bauer

SHOW DESCRIPTION:

1. Patti Shelton-McGougan is the CEO of YES, Youth Eastside Services. YES celebrates 50 years of providing now expanded services, programs that support LGBTQ youth, the Latino community, recovering youth, those with mental health issues, and these services are for children from birth to age 22, along with programs to support parents. Because this support is offered to all regardless of ability to pay, financial support of YES is highly important, and Volunteers are always welcome in many different capacities.

www.youtheastideservices.org

2. Susan Wise Bauer is an educator, writer, entrepreneur, mother, wife, farmer...and it all wraps up together in this woman passionate about education and providing the best available for every child. Susan knows we need our own education on the subject and so she has written this great new book: Rethinking School How to Take Charge of Your Child's Education.

www.welltrainedmind.com

**SUNDAY MORNING MAGAZINE
&
INSPIRATIONAL WOMEN
KRWM - BREMERTON / SEATTLE**

AIRDATE: March 25, 2018

LENGTH: 63:15

SHOW TYPE: Interview

ISSUES: Health, Charity, Education

GUEST:
1. Kristen Almgren, Stephen Berry
2. Geneen Roth

SHOW DESCRIPTION:

1. The March of Dimes/March for Babies is a spring event and an important fundraiser for the organization. The funds support research that focuses on the health of mothers and newborns. The goal is to prevent premature births, but yet 1 in 10 births nationally are premies. Kristen Almgren is from the local March of Dimes office, and Stephen Berry is a major Volunteer and a dad. Stephen and his wife have experienced three premie births—and now have a 4-year-old daughter, as well as a teen son. Both are passionate about the work that needs to be done and invite everyone to join in the Walk--in Seattle, Tacoma, Everett, or by simply taking the Virtual Walk anytime!

www.marchofdimes.org

2. Geneen Roth is a NY Times best-selling author with a brand new book, one that is certain to support and encourage us on this great life journey--This Messy Magnificent Life: A Field Guide. Geneen shares stories of her challenges, the personal discoveries to overcome them, and also includes stories from workshop attendees--all helping us to learn and grow.

www.geneenroth.com